

July 2019 - KTF Quarter Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 	8 swim 1	9 bike 4	10 run 1	11 off	12 swim 3	13 bike 3 - 45mins
14 run 3 - 20mins	15 off	16 swim 1	17 bike 1	18 run 1	19 swim 3	20 bike 3 - 1hr
21 run 3 - 30mins	22 off	23 swim 2	24 bike 4	25 run 4	26 swim 1	27 bike 3 - 1hr 15mins
28 run 3 - 40mins	29 swim 3	30 bike 2	31 run 2			

August 2019 - KTF Quarter Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 swim 1	2 bike 4	3 bike 3 - 1hr 30mins
4 run 3 - 45mins	5 off	6 swim 2	7 bike 2	8 run 3 - 30mins	9 swim 1	10 bike 3 - 1hr 45mins
11 run 3 - 50mins	12 swim 3	13 bike 2	14 run 4	15 swim 1	16 bike 4	17 bike 3 - 2 hrs
18 run 3 - 1hr	19 off	20 swim 1	21 bike 4	22 run 2	23 swim 2	24 open water swim/bike
25 run 3 - 1hr	26 swim 3	27 bike 1	28 run 4	29 bike 2	30 swim 1	31 open water swim

September 2019 - KTF Quarter Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 bike/run - 2hrs/45mins	2 off	3 swim 1	4 bike 4	5 run 4	6 swim 2	7 bike 3 - 2hrs
8 run 3 - 1hr	9 off	10 swim 3	11 bike 2	12 run 2	13 off	14 swim/ bike/ run
15 race simulation	16 off	17 swim 3	18 bike 2	19 run 2	20 swim 1	21 bike 3 - 45mins
22 run 3 - 20mins	23 off	24 swim 1	25 bike 3 - 45mins	26 run 3 - 20mins	27 off	28 swim/ bike/ run
29 Kerrville Triathlon Festival	30 					

Training Plan Guide

swim 1 - w/up- 200m, 2x100m, 2x50m, main set- 100m, 10x25m (5secs), cool down- 200m

swim 2 - w/up- 100m, 2x50m, 4x25m, main set- 6x100m at or better than race pace (10secs rest), cool down- 200m

swim 3 - w/up- 200m, 2x75m, 2x50m, main set- 2x300m (30secs rest), cool down- 100m

bike 1 - w/up- 15mins with some little pickups, main set- 4x2mins hard, 2mins easy, cool down- 15mins

bike 2 - w/up- 15mins with some pickups, main set- 3x5mins at race pace with 5mins in between, cool down- 15mins

bike 3 - long ride- 45mins-2hrs steady-state ride (eat and drink as you would in the race)

bike 4 - w/up- 15mins, main set- 8x1min big gear, 1min spin, cool down- 15mins

run 1 - w/up- 15mins with some pickups, main set- 4x200m with 1min rest in between, cool down 15mins

run 2 - w/up- 15mins with some pickups, main set- 3x3mins at race pace with 3mins rest in between, cool down- 15mins

run 3 - long run- 20mins-1hr at a steady-state (eat and drink as you would in the race)

run 4 - w/up-15mins, main set- 5x1min hill repeats, 1min easy, cool down- 15mins

race simulation - 1.5hrs steady bike, 30mins run straight off the bike (eat and drink as you would in the race)

open water swim - 2x500m (wetsuit if you have one)

open water swim/bike - 800m swim (wetsuit if you have one), 1.5hr steady bike

bike/run - 1-2hrs bike, 15-45mins run

swim/bike/run - 10mins swim, 20mins bike, 10mins run